

Building Better Health – East County Healthy Miles

HEALTHY MILES TOOLKIT

WINNING A HEALTHIER FUTURE FOR YOURSELF AND YOUR TEAM



“Movement is the celebration of life.” — John Selland

East County Healthy Miles Team Motivation Program

East County Healthy Miles is a program that motivates you to exercise with friends, fellow students, neighbors, co-workers, fellow community group members, etc., to get fit and earn team recognition. Exercise anytime and count the miles! Permissible miles include the following ***planned*** exercises: walking; running; skating; skateboarding; and swimming. (Multiply swimming distance times four to get equivalent foot mileage.) You may count healthy miles traveled at the gym on treadmills, stationary bikes, etc.

“Ready, Set, Go!” (Getting Started)

To get started, simply begin tracking miles using your Individual Workout Record Sheet. (You can get an Individual Workout Record Sheet from your Team Leader or download it from the county website)

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www.sdcounty.ca.gov/hhsa/regional_admin/east/buildingbetterhealth.html.) Each day you exercise, record your mileage on the Individual Workout Record Sheet. Remember to stretch before your workout. At the end of the month give, send or email your Individual Workout Record Sheet to your Team Leader. Your Team Leader will tally the number of miles you exercised during the month and calculate your team’s overall mileage for the month. Please record only one month on each Individual Workout Record Sheet.

How do I help my team accumulate miles?

You make a commitment to a healthy lifestyle that includes regular exercise. Each week you earn miles by getting fit in your exercise of choice. For every day you exercise, record the miles worked during that workout. If needed, you may use a pedometer or other means to help you measure your route and mileage.

How do I earn incentives?

Remember, your biggest incentive is your own health and fitness. Exercise, long or short in duration, has been proven to make your life better in many ways. Every month, your team’s total monthly miles, average miles per member and cumulative healthy miles —along with other teams in the East County—will be recorded on the Building Better Health Facebook page (www.facebook.com/buildingbetterhealtheastcounty). Follow along to see how your team is progressing. Your team may also earn recognition for other achievements related to the East County Health Miles program.

In addition, your team sponsor (employer, church, school, etc.) may provide prizes or incentives that you can purchase by “cashing in” personal healthy miles. So let’s go for it!

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Healthy Miles Team Leader Suggestions

Your team can be formally or informally organized, depending on the organization’s resources. Here are some guidelines for you to consider:

- You may have to gain support and permission from your organization’s management.
 - If you are in the workplace, this is often human resources.
 - If you are student team, talk to your teacher or school administrator.
- Request any necessary budget items for the program. Your organization may be able to increase motivation by providing incentives that participants can win by “cashing in” their healthy miles.
- If your organization is large or formal, check with your legal department for possible liability issues with the Healthy Miles activity. Sample liability forms and a health history Par-Q (Physical Activity Readiness Questionnaire) can be found on the web.
- Send out an interest advertisement that follows organizational policies.
- Establish a meeting time or web page that members of the team can communicate with you to report miles and get information.
- Advertise the activity via the intranet, company newsletter, email, or flyers in high traffic locations.
- Ensure that each team member receives an Individual Workout Record Sheet each month.
- By the 5th of each month, submit your team’s overall Healthy Miles exercised and how many team members participated to Therese Wahl (Therese.Wahl@sdcountry.ca.gov).